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HALIFAX**

Monday, February 17, 2014

Too whimsical? Bring it

Dartmouth resident, artists look to bring uniquely 'magical' carousel to the waterfront

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Cloud of confusion over e-cigarettes

Will public use of the product normalize smoking behaviour?

PAGE 4

WHAT TO WATCH IN SOCHI

• 10:30 a.m. Alex Gough has a chance to bring home Canada's first ever Winter Olympics medal in luge.

• 11 a.m. Figure skating's individual events begin with Canada's Meagan Duhamel and Eric Radford, seen here, featuring in the short program. The pair already took home silver as part of the team event.

GREG DOWNS/FOR METRO



GOLDEN BOY BILODEAU

Canada's Alex Bilodeau celebrates his gold-medal win with his brother Frederic following the moguls finals at the Sochi Winter Olympics in Krasnaya Polyana, Russia, on Monday. The medal was one of two in the mogul finals, and one of three for Canada on the day.

Story, page 19. JONATHAN HAYWARD/THE CANADIAN PRESS

Making dollars and sense

Stadium. Business leaders say private sector will invest if provided with solid plan



RUTH
DAVENPORT

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Two business leaders in Halifax say the prospects for private investment in a multi-use stadium are good — as long as the business case makes sense.

"I think we've got credible business leaders here that, when there's a good business opportunity, they will put their money into it," said Greater Halifax Partnership president Paul Kent.

HRM Mayor Mike Savage and CFL Commissioner Mark Cohon met with business and community leaders on Monday to discuss the possibility of a stadium and CFL franchise in Halifax.

Halifax Chamber of Commerce president Valerie Payn attended one of the meetings, and said there's certainly interest in a stadium that would

provide recreation and entertainment opportunities for the broader community.

"When the CFL, who have a pretty successful franchise, show an interest in us, we should be interested," she said. "How could this work for us if there's an opportunity here?"

Kent said the discussion is complex, noting the merits of a stadium can't be evaluated by looking solely at tax revenues.

"The stadium ... supports economic development, but it doesn't drive it," he said. "It's really all about the other revenue streams, the revenue that comes from hotels and restaurants and other entertainment facilities ... so we all have to have a look at the bigger picture."

Payn said the time is right for the discussion, citing a new sense of optimism among HRM's business community.

"I think there's different leadership, different vision," she said. "The mood has changed and I think there's a ... feeling of confidence that we can look at this together."

More coverage, page 3



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Need a hand?

Councillors
pitching in for
ailing colleague

Two HRM councillors are doing double-duty to fill in for a colleague as she recuperates from surgery.

Coun. Linda Mosher had a medical procedure two weeks ago and has another six weeks of recovery ahead of her.

Coun. Russell Walker said he and Coun. Stephen Adams have agreed to assist any of Mosher's constituents if they need help from a council representative in her absence.

"Another couple of calls a day, or 10 emails, it doesn't make any difference," he said.

"It works out."

He said any resident with questions or concerns about municipal issues can either call or email him or Adams.

METRO



Coun. Linda Mosher

METRO FILE

Primrose and Victoria

Cops search for
information
in stabbing

Police in Halifax are investigating a stabbing in Dartmouth.

Around 4 p.m. on Monday, police were called to Primrose Street and Victoria Road where they found a female youth with a stab wound in her arm.

She was transported to hospital with non-life-threatening injuries.

Police say they are investigating to determine what took place.

Anyone with information is asked to contact police. **METRO**



Can't bear the snow any longer? Funny story ...

A worker shovels snow Monday at the oval near a snow sculpture of polar bears that was built last week. Halifax saw some snow flurries Monday, with more snow forecast for later in the week. **JEFF HARPER/METRO**

Putting a new spin
on HRM culture

Dartmouth carousel.

Proposal would see local businesses and artists design seats



HALEY RYAN

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A trio of women are hoping to bring a little magic to the Dartmouth waterfront with a uniquely HRM carousel.

Megan Blumenthal, a Dartmouth resident with a background in community development, teamed up with local artists Kate Hamilton and Sarah Douglas when they were left uninspired by the "typical municipal discus-



Megan Blumenthal said the project would likely be privately funded with a mix of public money. **COLORBOX**

sions" about improving the city.

They decided on a carousel — local businesses could sponsor a seat, then partner with an artist to design a unique creature or object representing the local culture.

"It's excellent space, and it turns into something quite magical," Blumenthal said. "It would be such an exciting draw for downtown Dartmouth."

Blumenthal said the carousel would fit well with the de-

Not just a ride...

"It's a moving, interactive art installation."

Megan Blumenthal, carousel proponent

velopment of the Dartmouth boardwalk.

Although Blumenthal said they only began approaching businesses and local politicians over the weekend, there's been a lot of buzz around the idea.

"I don't think any idea is too whimsical," said Tim Rissesco, director for the Downtown Dartmouth Business Commission, on Monday.

"These are the kind of fun things we need in our downtown."

Rainbow flag to fly outside legislature

Nova Scotia's premier says a rainbow flag will fly outside the provincial legislature during the Sochi Winter Olympics.

Stephen McNeil says the flag was raised as a sign of solidarity for Russia's lesbian, gay, bisexual and transgender com-

munity.

McNeil says Nova Scotia is a tolerant and accepting province and is proud to join other Canadian cities in hoisting the flag.

Several other Canadian cities — including Toronto,

Montreal, Ottawa, Edmonton and St. John's, N.L. — are also flying rainbow flags outside of city halls and legislatures.

Russia signed a law in July outlawing so-called gay propaganda that could be accessible to minors. **THE CANADIAN PRESS**

Municipal love

Last week, HRM announced that the rainbow flag would be flown at Halifax City Hall for the Sochi Olympics.

Let's make a deal, urge mayor, CFL boss

Central centre. Mark Cohon says new outdoor stadium 'a catalyst' for something bigger

The mayor of Halifax and the commissioner of the Canadian Football League are urging business and community leaders to think of a stadium in Halifax as more than just a home for a football team.

"Don't just think about CFL, think about, is this a catalyst for bigger opportunity?" said CFL Commissioner Mark Cohon Monday in Halifax. "Could it be a centre for sports excellence? How do you think about concerts? How do you think about other elements that put Halifax on the stage?"

Cohon and Mayor Mike Savage hosted several private meetings Monday with representatives of local and national businesses to discuss the prospects and gauge interest in a multi-use stadium.

Halifax regional council turned down a stadium propos-



CFL Commissioner Mark Cohon, right, and Mayor Mike Savage take questions from the media at the Halifax Westin on Monday. JEFF HARPER/METRO



A rendering of the Lansdowne Park project in Ottawa. CONTRIBUTED

al in 2012 that was linked to a potential bid to host the 2015 FIFA Women's World Cup, but Savage noted that was because no funding partners came to the table.

He said the question remains of whether Halifax could afford — and benefit from — a stadium with the right mix of private and public funding.

"A city our size, the centre of the Atlantic provinces ... we should have a stadium," he

said. "At the very least, we owe it to people to have that conversation."

Savage said success would hinge on finding the right business model for Halifax, but noted there's enough fan base in the Atlantic region to support a team.

"Halifax has over 400,000 people, Regina has just over 200,000," he said, referring to the immensely popular Saskatchewan Roughriders. "Sas-

katoon is just over four hours away, Moncton is less than three hours away. So do we have the fan base? I think we have the fan base."

Cohon said the CFL can bring a variety of business models — including community ownership — to the table that didn't exist as recently as 10 years ago.

He cited the 40-acre Lansdowne Park project in Ottawa — which includes condos, re-

tail and parklands as well as the home stadium of the Ottawa Redblacks — as a prime example of a sustainable public-private enterprise.

"I'm confident when we look at Ottawa today with the number of season ticket holders they had ... separate from all the retail and other elements, that franchise will be a profitable franchise out of the gate," he said.

RUTH DAVENPORT/METRO

Halifax region

What would a week be without another storm?

After three straight Wednesday storms for the Halifax region, Mother Nature appears ready to shake things up and try a Thursday.

Environment Canada weather forecasters say that although it is still early to know how the storm system will evolve, they are advising people to monitor the weather forecast this week, as another winter wallop looks to be coming for Thursday.

Meteorologist Tracey Talbot says a low-pressure system coming up the eastern seaboard will bring with it some messy weather.

"The storm will last for 24 hours," she said, adding it could be a rain-snow mix for parts of the province, along with high winds. "The weather will start to deteriorate later Thursday."

As for what looks to be four storms in as many weeks, Talbot said weather systems tend to pass by every three to four days and although it seems unique for the storms to be hitting consistently one day a week, it is actually quite normal.

The last two Wednesday storms to hit HRM brought about 15 centimetres of snow each. The first Wednesday storm three weeks ago brought blizzard conditions and 25 centimetres of the white stuff.

DESERIE MURPHY/FOR METRO

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halifax pride
BETTER TOGETHER



E-cigarettes — where there's no smoke, there's still fire

New conflict. Province considers ban in public spaces over concerns of 're-normalization'

As the debate continues over who's puffing on e-cigarettes and why, another controversy is heating up: Where should they be used?

Some say the electronic devices should be tightly controlled and kept out of cer-

tain public spaces — as Nova Scotia is considering — until more is known about them. But proponents say they are a safer alternative to tobacco-laden cigarettes and there's no need to hide them.

"Keeping e-cigarettes out of the sight of the public is like camouflaging the fire exits," says Paul Bergen, a researcher in tobacco harm reduction and a consultant for the Electronic Cigarette Trade Association, which represents retailers.

Dr. Robert Strang, chief public-health officer for Nova Scotia, says e-cigarettes have their merits but don't belong everywhere. In some cases, Strang says e-cigarettes are being used by smokers to get around bans, allowing them to sustain their habit in restaurants, shopping malls and other public areas.

But what worries Strang and other officials the most is the possibility of e-cigarettes, with their futuristic glow and candy-like flavours, getting

youth hooked on nicotine and tobacco products.

"We have made in the last decade ... significant decreases in smoking rates, especially amongst youth," says Strang. "The last thing we need to do ... is have a product like e-cigarettes re-normalize smoking behaviours."

Though readily available across the country, Health Canada says it is illegal to sell e-cigarettes that contain nicotine or make a health claim.

THE CANADIAN PRESS

Looks good on vapour

What is an e-cigarette?

E-cigarettes are battery-powered devices meant to simulate the act and sometimes the taste of smoking traditional cigarettes. They contain cartridges filled with flavouring or nicotine that is heated into a vapour



A man puffs on an e-cigarette in Halifax. THE CANADIAN PRESS

and inhaled by the user, a process known as vaping.



Cops find no foul play in death of Halifax man

Police investigate a suspicious death in Halifax on Monday. Officers were called to an apartment on Leppert Street shortly after 7:30 a.m. regarding the death of a 69-year-old man. Police said it appeared the man's body had been in the apartment for a while, so the death was treated as suspicious. Foul play was ruled out after an autopsy. JEFF HARPER/METRO

Well-being checkup. Standoff with entrenched resident ends peacefully

Police say a man who barricaded himself in his Göttingen Street apartment unit on Monday came out to meet officers several hours later.

Halifax Regional Police were called to Sunrise Manor to check on a man's well-being around 11 a.m.

Police spokesperson Const. Pierre Bourdages said the person who called was worried about the man's safety.

When police arrived and knocked on the man's door, he refused to let them inside.

"We have no indications he has any weapons," Bourdages said. "We were in con-

All clear

Const. Pierre Bourdages said police found no weapons in the apartment and that other residents were not evacuated.

tact all throughout with the man."

A police negotiator was brought in and talked with the man, Bourdages said. He emerged from the apartment at 1:32 p.m. and was taken to hospital for assessment.

HALEY RYAN/METRO

Purpose

"We just had to make sure that he was safe and he wasn't a danger to himself."

Police spokesperson Const. Pierre Bourdages

Melrose Ave. Pair charged with possession of drugs

A man and a woman face drug charges after police seized cocaine, prescription pills and other drug paraphernalia from a Halifax home.

Halifax police's integrated drug unit searched a home in the 0-100 block of Melrose Avenue around 1:15 p.m. on Friday.

Police say they seized a quantity of cocaine, marijuana, prescription pills, cash and other drug parapher-

The accused

Mike David Hilchey, 33, and Jocelyn Leanne Hilchey, 37, have both been charged with two counts of possession of drugs for the purpose of trafficking.

nal.

Both suspects were arrested at the scene. METRO

Pictou. Cops allege father sped drunk to pick up kids

Police in Nova Scotia say a 47-year-old man has been charged with impaired driving and stunting offences that allegedly happened as he was on his way to pick up his children from school.

The RCMP say the incident happened around 2:30 p.m. in Pictou County. He was first stopped for stunting after being clocked at more than 150 kilometres per hour on Highway 104.

After being pulled over, he was charged with impaired driving for allegedly having a blood-alcohol level more than three times the legal limit.

Police say officers contacted the school and other arrangements were made to have the children picked up.

The 47-year-old will appear in Pictou provincial court on April 7.

METRO

Northwood home support. Union rejects new contract

The union representing 420 home support workers in Halifax says its members have rejected a contract offer from the management of Northwood.

The Nova Scotia Government and General Employees

Union says the workers want contract parity with those doing the same work in hospitals. The workers provide home support for Northwood throughout Halifax.

At a Sunday meeting of Local 34, the union says 97 per cent of voters rejected the offer after conciliation talks broke down last week.

The union says a 14-day countdown to a strike begins Thursday. THE CANADIAN PRESS

Let loose

The union's contract expired on March 31, 2012.

Superstorm. Reckless sailing probable cause of HMS Bounty's sinking

The captain of a replica 18th-century sailing ship from Nova Scotia that sank off North Carolina in Superstorm Sandy made a reckless decision to sail the HMS Bounty into the hurricane's well-forecast path, the U.S. National Transportation Safety Board reported Monday.

The three-masted wooden sailing ship sank more than 200 kilometres southeast of Cape Hatteras in October 2012 as Sandy churned up the Atlantic seaboard. The newly released safety board report said Capt. Robin Walbridge's "reckless decision" to sail into the storm subjected the aging vessel and its inexperienced crew to conditions they couldn't surmount.

One member of the HMS Bounty's 16-person crew died and Walbridge was never found after the sinking off North Carolina's Outer Banks, an ocean expanse with a history of shipwrecks. Three other crew members aboard the vessel — built for the 1962 film *Mutiny on the Bounty* starring Marlon Brando — were seriously injured.

N.S. ties

HMS Bounty was built at Smith and Rhuland Shipyard in Lunenburg.

"Although this wooden ship was modelled after an 18th-century vessel, the captain had access to 21st-century hurricane modeling tools that predicted the path and severity of Hurricane Sandy," board chairman Deborah A.P. Hersman said in a statement. "The Bounty's crew was put into an extraordinarily hazardous situation through decisions that by any measure didn't prioritize safety."

Besides *Mutiny on the Bounty*, the ship was featured in several other films over the years, including one of the *Pirates of the Caribbean* movies. When not in use by movie makers, the ship was a pierside attraction for visitors in ports and also served as an educational ship that taught people how to sail. **THE ASSOCIATED PRESS**

'It's up to us to help out'



Comm. George Forward poses for a photo with his book *Pomeroy's Quay* on Monday. JEFF HARPER/METRO

\$10,070 goal. Local author to give proceeds from war book to veterans garden

A local author is giving back to the people that fought for our country to honour the 100th anniversary of the First World War.

Comm. George Forward, a native Newfoundlander who now works as a base logistics officer at CFB Halifax for the Canadian navy, has been writing since he was a kid. His most recent publication, *Pomeroy's Quay*, is now on sale with a portion of the proceeds going towards the Camp Hill Veterans Memorial Building garden.

Legacy

"The freedoms we have, the ability to write what we want, to say what we want, is all because of veterans."

Capital Health's director of veterans affairs Elsie Rolls

The goal is to sell 2,014 books to raise \$10,070.

"The staff at Camp Hill do so much, unfortunately, they need some help. It's up to us to help out," he said by phone Monday.

The book is set in the time period of the war in 1914. A young boy loses his father and has to head off to war to support his family.

The book is fictitious but it's also derived from home, a small community in Newfoundland called Brigus, where he grew up.

"It's stories I've heard as a kid from older relatives," he said. "These people sacrificed so much."

Elsie Rolls, the director of veterans affairs for Capital Health, said the money raised will become part of the foundation fund towards the garden that gives an important quality of life for veterans, she said.

"We're very appreciative that George is contributing the \$10,000 to the upkeep of the gardens that are important in the day-to-day lives of the veterans," Rolls said. "I read the book myself, I really enjoyed it, hopefully others will enjoy it as well." **DESERIE MURPHY/FOR METRO**



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Ford 'didn't want to tell the truth' about drug use

Now showing. 'Everybody in the world has lied,' says the mayor sitting beside his brother in an online premiere

After months of insisting he had been truthful in the midst of a drug scandal, Toronto's controversial mayor has admitted he lied to the public because he was embarrassed.

Rob Ford made the admission on his own terms, in a YouTube show called Ford Nation posted online Monday.

"Did I experiment with drugs? Yes I have. Why did I lie? I think everybody in the world has lied, because I was embarrassed," Ford said, while looking directly into the camera.

"I didn't want to tell the truth. That's the only answer I can give. That's as straightforward as I can

be."

Ford's revelation came in response to a written question from Sandra from Bangkok, Thailand, who wondered why the mayor lied about his "substance abuse problem" when initially asked.

"I'm not a drug addict, I don't use drugs. Have I in the past? Yes," Ford said.

"When they ask me, it's very, very humiliating in front of the world to say yes ... People either lie to cover up, people lie because they're embarrassed, that's why I lied." Ford had been under intense scrutiny since last May, when two media outlets reported the existence of a video that they said appeared to show the mayor smoking crack cocaine. The mayor initially denied he used the drug and suggested the video did not exist, but he backtracked in November by admitting he had smoked crack cocaine, probably in one of his "drunken stupors."

THE CANADIAN PRESS



Frame grab from the first Ford Nation YouTube show featuring Rob and Doug Ford. YOUTUBE

Coming soon

Guess what's coming to a screen near you?

The antics of embattled Toronto Mayor Rob Ford could soon be coming to a TV or movie screen. Blue Ice

Pictures has acquired the film and television rights to the new book Crazy Town: The Rob Ford Story.

Published by Penguin Canada, it's written by Toronto Star reporter Robyn Doolittle, one of three journalists who viewed a video that appeared to show Ford smoking crack cocaine.

The video was one in a string of scandals involving the mayor.

The screen version of Doolittle's book will be produced by Daniel Iron and Lance Samuels.

"If you tried to make this story up, people would think it was over the top," said Doolittle.

THE CANADIAN PRESS

Laureen Harper to be highlighted



Prime Minister Stephen Harper adjusts his tie as he and his wife, Laureen, board an aircraft in South Africa in December. ADRIAN WYLD/THE CANADIAN PRESS

The federal Conservatives have plotted a road map to a 2015 election campaign that counts on a massive donor- and voter-targeting effort, a communications onslaught, and a bid to "leverage" the popularity of Laureen Harper, the prime minister's wife, according to documents obtained by Torstar News Service.

The 70-page slide-show presentation to the Conservative party's national council last weekend by executive director Dimitri Soudas appears to acknowledge that Prime Minister Harper has work to do to reach out to Canadians and win their trust for another government.

Under "Tactical Plans/Strategies," it says the party will "connect (the) PM with people," "leverage Mrs. Harper" and launch a "With Mrs. Harper" video series among others to put a more human face on the government and grab eyeballs in the digital age.

The document was sent anonymously to Torstar News Service after the weekend meeting.

TORSTAR NEWS SERVICE

2015 campaign plans

The PowerPoint presentation is a quarter-by-quarter blueprint of timelines and actions to be taken through 2014.

- It defines what success looks like: "Ensure we don't wake up on Oct. 20, 2015, with Justin Trudeau as PM."

- It makes no mention whatsoever of NDP Leader Tom Mulcair.

- The presentation opens with several slides mocking Trudeau as a lightweight before laying out three priorities of raising more money, increasing the Conservative vote and motivating more volunteers.

- The party says it intends to "break news over digital channels," and better use Twitter Card buys and Youtube.

Trial. Ontario physician in court on conspiracy to facilitate terrorism

A man who once auditioned for the Canadian Idol TV show has pleaded not guilty to a terrorism charge.

Khurram Syed Sher, a physician from London, Ont., is being tried by judge alone in Ontario Superior Court.

Sher, wearing a grey suit and blue tie, observed the proceedings from a small table near his counsel.

During initial arguments, one of Sher's lawyers, Giuseppe Cipriano, made preliminary

points about the legal nature of conspiracy as it relates to the charge.

Sher, 31, was charged in August 2010 with conspiracy to facilitate terrorism.

Following the high-profile arrest, police said they seized terrorist literature, videos and manuals, along with dozens of electronic circuit boards allegedly designed to detonate homemade bombs remotely.

THE CANADIAN PRESS

Bill C-23

NDP opposes Harper's election law changes

The New Democrats are launching a national petition against the Harper government's proposed overhaul of federal election laws.

The NDP charges the bill is designed to import

U.S.-style voter suppression tactics and benefit the ruling Conservatives.

The NDP contends the bill would prevent thousands of students, seniors and aboriginal people from voting by imposing stricter rules for ID at polls. The NDP says it will increase the influence of money by raising the donation limit and campaign spending limit.

THE CANADIAN PRESS

Russian icon a hero to one Canadian



Vladislav Tretiak, centre, visits Michael Hunter, left, and his mother, Julie Hunter, at a Moscow hospital in 1987. The Russian hockey hero helped boost the Canadian's spirits after Hunter fell seriously ill during a school field trip to the former Soviet Union. COURTESY MICHAEL HUNTER

Vladislav Tretiak. In 1987, Michael Hunter ended up in a hospital during a school trip to Russia — and then got an unexpected visitor



FERNANDO CARNEIRO
Metro in Toronto

When Vladislav Tretiak lit the Olympic Cauldron at Friday's Opening Ceremony in Sochi, one Toronto-area man beamed as bright as the flame.

Michael Hunter, a 41-year-old insurance agent living in Bolton, Ont., was visited by the Russian hockey great while in a Moscow hospital 27 years ago.

In 1987, Hunter took part in a school field trip to the Soviet Union. His Crohn's disease — a serious bowel condition — flared up during the flight.

While the roughly 60 other children from Notre Dame Secondary in Bramp-

ton, Ont., and one other school spent 10 days touring Moscow and St. Petersburg, Hunter spent two weeks in the hospital.

"Did I see much of Russia? No, I saw the intersection across from the hospital," Hunter said. "I was numb after the surgery and didn't have a lot of life in me. I didn't know what was happening because no one spoke English."

Fortunately, Hunter's mother, Julie Hunter, was a chaperone on the trip. She was invited for dinner by the Canadian ambassador in Moscow, and when it was mentioned that Hunter was a former hockey goalie, the ambassador said that Tretiak was in town, and offered to invite him to visit the hospital.

"When word got out that Tretiak was coming in, I had reason to get up and something to get excited about," Hunter said. "And it wasn't just me: The entire wing of the hospital was excited. They started asking why this national hero was coming

Star goalie

- Vladislav Tretiak is considered to be one of the greatest goaltenders in the history of hockey.

- He became internationally famous after his performance in the Summit Series against Canada in 1972.

- While he attracted the attention of many NHL teams, it was Montreal that ultimately drafted him in 1983. The Soviet government blocked that move.



Vladislav Tretiak approaches the Olympic cauldron during Friday's opening ceremony in Sochi.

MATT SLOCUM/THE ASSOCIATED PRESS

in to see this sick Canadian guy."

Tretiak arrived with a bouquet of flowers for Hunter's mother and goaltending manuals that he had written for Hunter — all in Russian, of course.

"He stayed for half an hour or so, and we took some pictures. I was very impressed with him. He's a very big guy

and friendly," Hunter said. "I was so thankful that he went out of his way to come see me. I think that he speeded up my recovery time."

Hunter said Tretiak was a good choice to be one of the two people chosen to light the Flame.

"He's a national icon," he said. "You could tell from the reaction of the nurses."

Twitter. Canadian thrust into spotlight thanks to the #problems in #Sochi

Athletes trapped in bathrooms. Hotels still under construction. Clowns wandering the streets.

Alexander Broad is doing his best to document everything wrong and weird at the Winter Games with Twitter's latest satire-of-the-moment account, @SochiProblems.

The Internet sensation, which began Tuesday, had already amassed over 331,000 followers by Sunday. Broad was hoping for at most 30.

"Never in a million years. I made it as a joke. The entire idea of this came as a joke, something to laugh at," said the Pickering, Ont., native of the unexpected spotlight.

The word giant doesn't do Broad's popularity justice — @SochiProblems has more followers than the official Sochi Games or Canadian Olympic team's accounts, and has caught the attention of U.S. media such as the Washington Post, USA Today and ABC.

That's got Broad under pressure to watch the Olympics all the time for ma-

What's your problem?

"From there on it just kind of grew. It's sprouted into this giant thing."

Alexander Broad, creator of @SochiProblems on Twitter, who spilled Tim Hortons coffee on himself (a uniquely Canadian problem) and then went on a search for Sochi problems

terial.

"I think the biggest thing, I feel like it's just like I've got to stay alert to everything a lot more," he says, adding he draws the line at staying up through the night.

Now Broad is wondering if a Twitter account started as a joke should become more.

"The whole idea of this entire account was a satire," he said. "I think that's what a lot of people are calling it. I made the entire thing out of a joke, and I have tweeted things that have ... some political-ish type things."

"But a lot of the things I've tweeted, there's a lot of humour in it as well. So I'm still not entirely sure."

THE CANADIAN PRESS



We're watching you ... ski

A drone camera flies around the slopestyle course during a freestyle skiing slopestyle training session in Sochi. Drones spotted hovering around the Olympic slopes aren't searching for terrorists or protesters, they're being used to transmit live video of snowboard and ski-jump competitions to your TV screen. Drones are increasingly common at sporting events, and these Olympic Games are the highest-profile showcase yet for their broadcasting uses. SERGEI GRITS/THE ASSOCIATED PRESS

IOC. Athletes told they can't honour dead friends while competing in events

IOC is telling Olympic athletes they may not wear armbands or stickers during competition to commemorate the dead.

The Olympic body said Monday it sent a letter to Norwegian Olympic officials after four female cross-country skiers wore black armbands in memory of an athlete's brother, who died on the eve of the Games.

The International Olympic Committee also told freestyle skiers not to wear stickers on their helmets in tribute to Canadian halfpipe skier Sarah Burke, who died after a crash in training two years ago.

"We would say the competitions themselves, which are a place of celebration, are prob-

ably not the right place to really do that," IOC spokesman Mark Adams said. "We would like to keep that separate."

Adams said the IOC has "huge sympathy" for Burke and is willing to help athletes remember her at news conferences or a ceremony — but not at the competition sites.

The IOC has strict rules against protests or propaganda during competitions, outlawing any demonstrations in Olympic venues. The IOC worries that allowing someone to display messages not tied to the Games would encourage others to use the Olympics for their own gain.

THE ASSOCIATED PRESS

Punk-rock parliament?

Pussy Riot members say they may give politics 'a try'

Two members of Russian punk band Pussy Riot say they may run for seats in this year's election for the Moscow city parlia-

ment.

Nadya Tolokonnikova, appearing alongside fellow band member Maria Alyokhina at the Berlin film festival Monday, said politics "is worth a try."

The election will most likely be held in September, although no exact date has been set.

THE ASSOCIATED PRESS



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How to navigate your savings vehicle

YLVA
VAN BUUREN
For Metro

When you get to the real intent of a registered retirement savings plan (RRSP), it really has application for everyone, says Anthony Williams, vice-president of academic affairs with The Canadian Institute of Financial Planning.

The RRSP is a savings vehicle, first and foremost. It allows you to save money for retirement on a tax deferred

basis. By investing in an RRSP, people can also reduce the amount of tax payable on income the year they contribute.

Here's what tax planners recommend for specific groups in the population.

Younger Canadians

Students today should be saving for retirement, says Dean Owen, a Saskatoon financial adviser with Advocis, The Financial Advisors Association of Canada.

There are fewer and fewer

Can investing in an RRSP reduce your taxable income?

- Tax rates are based on percentage of income. For example, in federal taxes, Canadians pay 15 per cent on \$44,000, 22 per cent on \$44,000 to \$88,000, 26 per cent on \$88,000 to \$136,000,

and 29 per cent on more than that. Provincial tax is added on top of that. Someone making \$45,000 will pay 22 per cent federal tax while someone making \$41,000 will pay 15 per cent.

generous pension plans and it's critical to look at RRSPs.

"Especially with the 40-and-

under age group, they're not sticking to a job long enough to have a company pension

plan anyway."

Self-employed

If a self-employed person is making more than \$40,000, Owen said, they should be looking at RRSPs so they pay less tax as they build their retirement nest egg. If they make less than \$40,000, a deduction is not going to help significantly.

Pension plan holders

There are investment options with a personal RRSP that you wouldn't have with a company

pension plan. Also, a personal RRSP provides more flexibility — if there is an emergency, funds are available.

Special cases

Sometimes RRSP money can be used long before retirement. If someone is going to be off work for a year (doing a master's degree, for example), pulling money out will trigger a tax liability, but tax will be minimized because they are in a low income bracket (they aren't working).



Saving even a small amount each year can help you build a nest egg for your future. MIRCO VACCA/SHUTTERSTOCK

Strategy. Start planning for your future

Age is a key consideration with an investment strategy, especially when it comes to how much, and when, a younger investor should contribute to a registered retirement savings plan.

"We believe that it's never too early to start investing in your future," said Dennis Tew, chief financial officer at Franklin Templeton Investments Corp.

"Sometimes there's a

tendency to wait and forgo contributing when we're young due to other priorities — families, mortgages, weddings — but, in fact, it should always be a priority. Even a small amount each year can make a difference over a lifetime."

For the young investor looking to make their first RRSP contribution this year, Tew offers these tips to help make the decision a smart one.

1 Understand risk tolerance. To put it simply, do you prefer growing your RRSP savings steadily over time (lower to medium risk) or are you OK with the possibility of more investment volatility in the pursuit of larger gains (higher risk)?

2 Diversify across asset classes. Make sure you understand the basics about the main asset classes in which you can invest —

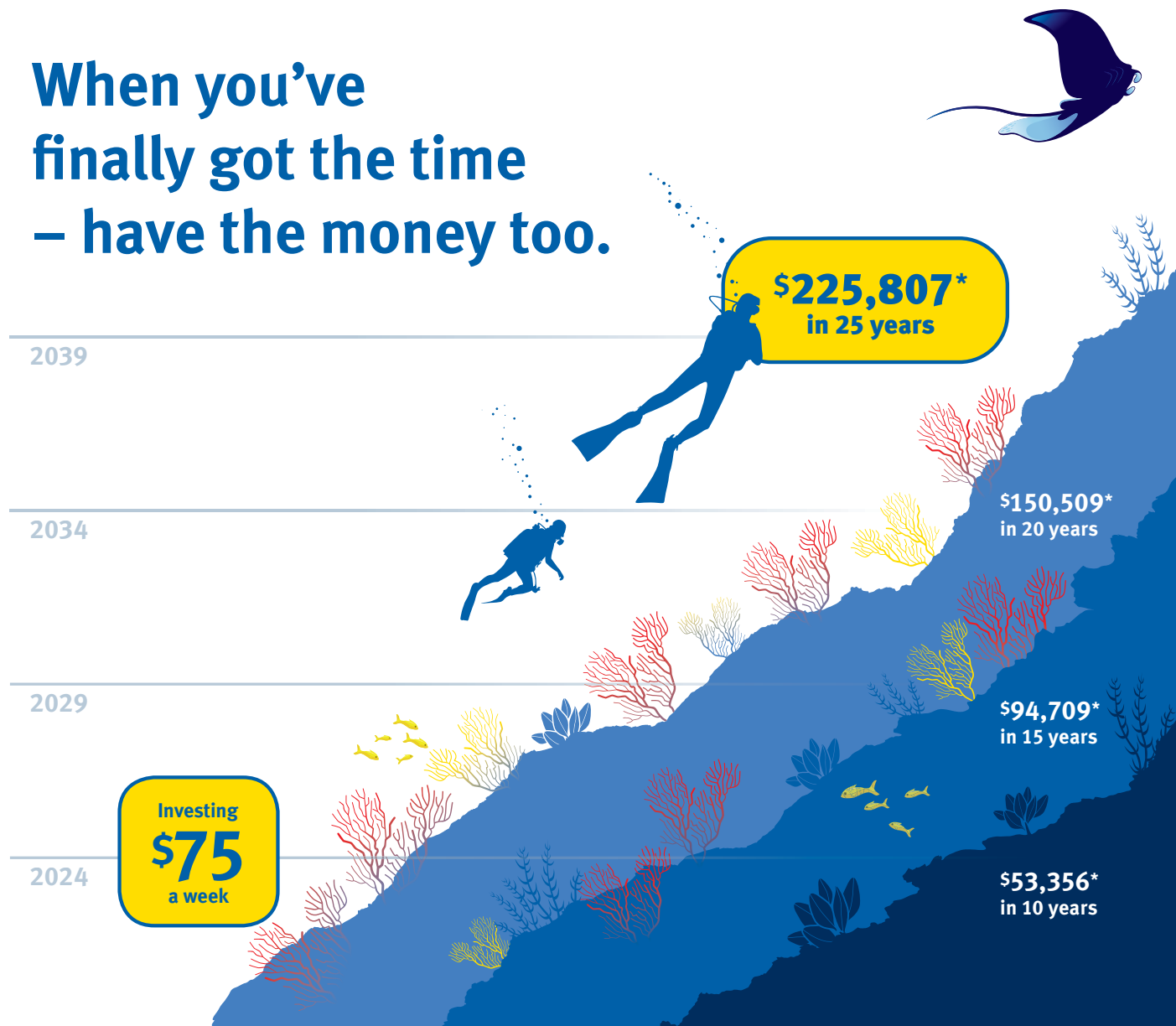
bonds don't necessarily mean safe and equities don't necessarily mean risky. Why not diversify your investments?

3 Speak with an adviser. Investment advisers have their fingers on the pulse of markets and can help you map out a plan for achieving your retirement goals. They can provide insights that are in line with your personal risk tolerance and investment goals. **NEWS CANADA**



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Market Minute



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Did the Flappy Bird app fly too close to the sun?

Causing a flap. Like Icarus, the game had a fast rise and fall to earth



ELISABETH BRAW
Metro World News in London, U.K.

Apparently we're all Flappy Bird addicts: when Dong Nguyen, the Vietnamese creator of the popular mobile game, announced that he's removing it from online stores, it became big news. What makes the simple app so popular when other, flashier games are not? Metro spoke with Vili Lehdonvirta, a research fellow at Oxford University's Oxford Internet Institute.



What's the secret behind Flappy Bird's success?

If you look at what's inside the game, the retro visual style borrows from classic games like Super Mario, which invokes nostalgia in the user. The other important aspect is the fact that it requires skill. Most games no longer ask for such know-how.

But Flappy Bird got a lot of criticism.

Yes, a lot of praise and a lot of criticism. It created controversy (questions have been raised whether bots were used to boost its app chart popularity - ed.), which helped it become a phenomenon. It was like, if you're not playing Flappy Bird, you're missing out.



End of the line Down Under

Toyota announced it will stop making cars in Australia by the end of 2017, spelling the end to auto manufacturing in the country, where car companies say high production costs and tough competition have made the business unviable. RICK RYCROFT/THE ASSOCIATED PRESS

TOP SIX @ 6 Weeknights at 6 KB counts down the HOTTEST songs of the day

- 6 Hedley Crazy For You
- 5 Ellie Goulding Bum
- 4 A Great Big World ft Christina Aguilera Say Something
- 3 Pitbull ft Ke\$ha Timber
- 2 Jason Derulo Talk Dirty
- 1 Katy Perry Ft Juicy J Dark Horse

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VOICES

11

LOVELY TIME TO NOT DO THIS

I've always thought of Valentine's Day as a mid-range event on my holiday ranking scale. I'd probably place it somewhere above the binge-drinking mess of St. Patrick's Day but not nearly as exciting as Canada Day. I know the whole thing has very little to do with true love and a lot to do with selling expensive gifts but I'm a sucker for candy conversation hearts and cheesy greeting cards nonetheless.

February 14 doesn't have to be the most romantic day of the year, but if you find yourself coupled up this Friday and you'd like to stay that way then you should probably try to put in a little effort. There's still plenty of time to plan something special for your significant other, so here are some guidelines on what not to do this Valentine's Day.

Do nothing. Disappointment abounds during this time of year, especially when people aren't up front about their expectations. You don't have to deliver a dozen overpriced roses



SHE SAYS
Jessica Napier
metronews.ca

or orchestrate a private dinner for two in a candlelit restaurant, but the least you can do is pick up a card and scribble down a few heartfelt sentences. When it comes to matters of the heart, no one ever regrets being over prepared.

Break up with your beau. You'd think this was a pretty obvious V-Day "don't," but according to a recent survey by online dating site AYI.com, 22 per cent of individuals polled said that they had been dumped on Feb. 14. It's hard to believe that so many people possess such poor timing but perhaps it's understandable given all the stress that surrounds this particular holiday. Even so, try to have a heart and wait 24 hours before delivering the

bad news to your soon-to-be ex.

Protest just for the sake of it. We all know Valentine's Day is special because of the person you spend it with and not because of how much money you spend on them. However, restaurant owners, florists and purveyors of gourmet choco-

lates count on this annual event to bring in some cash during an otherwise slow winter season. Rather than self-righteously boycotting the Hallmark holiday, why not show your love by supporting small businesses in your area. Find your sweet-heart a unique and thoughtful gift from an independent local retailer and it'll be a win for everybody.

Give in to social media envy. Let's face it, this Friday your various social media newsfeeds are going to blow up with heavily filtered images of bountiful floral bouquets and sickeningly sweet proclamations of love. Some digital sentiments might be touching; the majority will be annoying and may leave you feeling jealous and depressed. Do yourself a favour and step away from the keyboard so that you can focus on your own relationship.

Feel obligated to leave the house. Never underestimate the appeal of a low-key night in. With chilly temperatures outside and season two of House of Cards debuting on Netflix this Friday, a cosy date on the couch is a perfectly lovely (not to mention inexpensive) option. It might not look as impressive on Instagram but nothing says long-term relationship success like sweatpants and takeout Chinese food.

ZOOM

A growing visual culture



COURTESY CASEY GUTTERIDGE/THE BIG BANG UK YOUNG SCIENTISTS AND ENGINEERS FAIR

British actor stars in microbial art

A microbiologist has made a 'self-portrait' of Stephen Fry (from The Hobbit) by using the actor's own bacteria.

Zachary Copfer, from Ohio, holds a master's degree in fine art and a bachelor's in biological sciences, and says he sees this as an exciting way of exploiting the art within science to bring to life a sterile and boring field. **METRO**

Q & A

Newest selfie



ZACHARY COPFER
Microbiologist/
photographer based
in Cincinnati, Ohio.

How did you manage to get the bacteria to 'paint' this?
I received a sample of bacteria taken using a swab from

Stephen's arm. Then I made a negative from a digital photo of him and placed it on a bacteria-laden petri dish. I exposed the plate to ultraviolet radiation, killing any microbes in certain parts of the dish. This allows others to grow in areas where the negative is. I then placed it in an incubator for two days to

let the culture grow. Sometimes it can take four or five tries to get the bacteria to grow where you want it to.

What is the artistic meaning behind your work?
It touches upon the concept of an artwork's ownership, what can be regarded as the ultimate selfie.

Clickbait



IRENE KUAN
Metro Online

Organizing your own work projects is hard enough, but try adding multiple people into an assignment. This can be a big headache if organization is a challenge for you. Here are some online tools to help track project collaborations.

Asana :

Manage your teamwork without email. This free web and mobile application allows you to create projects and put conversations and tasks together. Set due dates, assign your group members tasks and have Asana track and remind them of impending deadlines.

Basecamp:

This web-based project-management tool has been around since 2004 but was revamped in 2012. Basecamp can offer to-do lists, wiki-style web-based

documents, file sharing and a messaging system, to name just some of the functions. The 2012 version of the tool allows users to use their preferred language in projects and messaging.

Pivotal Tracker:

This web tool offers a friendly user experience for team projects, offering the ability for candid conversations to optimize communication and teamwork. Are your work partners in a different time zone? Not a problem! Pivotal Tracker will help everybody stay in sync and projects stay on course.

Twitter



@metropicks asked:
Drones are used in Sochi to capture ski events. If you had a drone, what would you use it for?

@mensaghic: Scope out traffic before rush hour.

@debzv: If I had a drone, I will use it to deliver burritos.

@bcladyo: I would use drones for beer delivery! :)

@sykesoh: to pick up rob ford when he is on a famous stupor

@lisambungay: watching my kids when I leave the room.

@newcybersol: I would have a drone follow our beloved premier Alison Redford. Maybe that would keep her spending in check!

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SCENE 2

14

SCENE

metronews.ca
Tuesday, February 11, 2014

It's time you level with your significant other: there's no way you're going to watch *The Notebook* on Valentine's Day. And not just this year — you're talking about never again. The same goes for *Love Actually*, *The Vow*, *When Harry Met Sally* or any of the other certified V-Day classics. Here are five choices to make February 14 a little less boring and a little more cinematically stimulating.

ADAM NAYMAN
scene@metronews.ca



Don't Look Now

Nic Roeg's peerlessly creepy thriller about a couple menaced in Venice by witchy sisters and a red-cloaked serial killer was controversial in its day for the seemingly unsimulated sex scenes between stars Donald Sutherland and Julie Christie; look past the scandal, though, and you'll see a tender portrait of lovers brought together — and ultimately torn apart — by grief.

5

Films that aren't *The Notebook*



Friday Night

Claire Denis is a filmmaker who loves filming bodies in motion, and she's never had lovelier choreography than in this sublime 2002 feature, which describes a brief encounter between two strangers: a woman on the verge of moving in with her boyfriend, and a stranger she meets during an epic Parisian traffic jam. The *City of Lights* has rarely looked so sumptuous, and the film's tone is so intimate that you may feel like you're intruding.



Mulholland Drive

This is one of the most mysterious movies ever made, but its cryptic plot and bizarre imagery can't obscure the sweetness of the scenes between Naomi Watts and Laura Elena Harring as amateur sleuths who gradually fall in love with one another. Their blonde-brunette/Betty-Veronica dynamic is framed playfully, yet there's also real passion there.



A Perfect Getaway

Don't let the B-movie packaging and cast (Steve Zahn, Milla Jovovich) fool you; this underrated 2009 thriller about two couples honeymooning in Hawaii is romantic at heart. The relationship between redneck tourists Timothy Olyphant and Kiele Sanchez is adorable, even if the movie keeps floating the possibility they're also serial killers.



Sightseers

Vacationing psychopaths are also the subject of this demented British import, in which a sheltered Englishwoman (Alice Lowe) discovers that her new boyfriend (Nick Oram) has some worrisome hobbies. Ben Wheatley's pitch-black comedy is not for the faint of heart, but it's a brilliant deconstruction of romantic comedy tropes.

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DVD review



The Counselor

Director. Ridley Scott

Stars. Michael Fassbender, Cameron Diaz, Brad Pitt

Golden tongues and black hearts enliven this uncommonly erudite thriller built around the pulpiest of stories. Ridley Scott directs and gaudily attired A-listers supply wicked glamour, in a drug-trade scenario that traverses the globe but mainly straddles the Texas-Mexico border. Cormac McCarthy's screenwriting debut presents Michael Fassbender's title lawyer in the classic situation, familiar to students of Greek myth and Shakespearean drama: a moral man tempted by sin and hubris and brought low by fate.

PETER HOWELL

Kevin's got a lot of Hart for his fans

About Last Night.

Comedian is set to release his next film in 2014 and he's all about connecting on Twitter



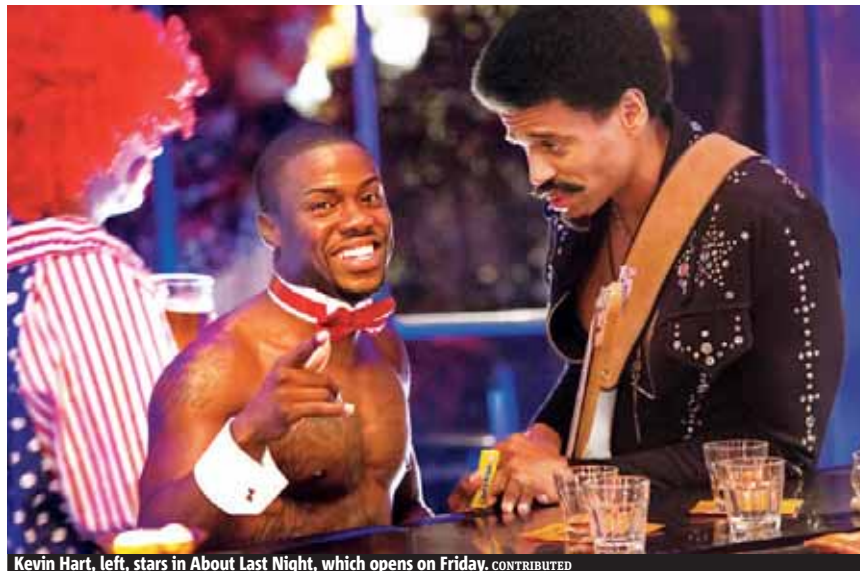
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Metro World News in Hollywood

Kevin Hart is already having a pretty decent 2014, with last month's *Ride Along* breaking January box office records and bringing in more than \$90 million worldwide in its first three weeks of release. And he's hoping that success continues in February with *About Last Night*. One thing is for sure, he's not letting bad reviews get to him — even when the critics are trying to get his attention.

You're incredibly active on social media.

I'm very serious about it. It's not a game, this is not something I take for granted. I'm very, very, very committed to social media and interacting



Kevin Hart, left, stars in *About Last Night*, which opens on Friday. CONTRIBUTED

with my fans the way that I do. It's something that I think people really, really take for granted, and they shouldn't. It's free promotion, but at the same time it keeps you in contact with your fan base.

When did it first occur to you to utilize it so much?

Well, from jump. When I first saw my numbers going to what they grew to, I said I would be a fool to not dive in as much as I could because this is basically promotion that

the studio doesn't have. This is you having a direct connect with your fans. When I say to my fans, "First 200 people to meet me at Applebee's, I want to treat you," they're going to come. And those 200 people in there get to meet, connect

with me, talk to me. You have to have ways of showing that you are giving back — "Thank you, guys, for what you do, which is support me." I'm not a ghost. I'm not the legend that just walks and you never see, plain and simple.

I saw someone included your Twitter handle in a bad review of *Ride Along*, which seems like bad form.

A critic's job is to critique. At the end of the day, as an actor, if you allow that stuff to get to you, you're a fool. But you've got to ask yourself how do critics feel when they critique something, they trash it and then it shows up and it's a record-breaking box office hit? Then you just have to go back into your critic hole and critique some more. But I don't knock it, it's what you're paid to do. Your job is to critique and that's your world of expertise. But if [the film is] getting an A cinema score — which means everybody's walking out happy — then that means you have to question yourself, what you like and where your expectations are.

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Sarandon and business partner now an item?

Susan Sarandon and her business partner Jonathan Bricklin, 36, have been rumoured to be enjoying a much more intimate partnership for some time, and now it seems Sarandon to be hinting that the rumours are true. "Jonathan and I collaborate on different things. That means a lot of things," she coyly said in a recent interview. When asked if those things include romance, Sarandon said: "Yeah, I think so." Sarandon and Bricklin are co-investors in NYC ping pong bar Spin.

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Chris Kattan ALL PHOTOS GETTY IMAGES

Former SNL star Kattan arrested on suspicion of drunken driving in L.A.

Authorities say former Saturday Night Live star Chris Kattan has been arrested on suspicion of drunken driving after his Mercedes struck a Department of Transportation vehicle on a Southern California freeway.

The California Highway Patrol says the Mercedes was seen weaving in and out of lanes shortly before 2 a.m. Monday on the 101 freeway in Los Angeles. The CHP says Kattan drove into a DOT

vehicle that belonged to a crew conducting maintenance on a guardrail. No injuries are reported. The 43-year-old Kattan was jailed on suspicion of DUI.

Kattan, who was on SNL from 1996 to 2003, was best known for the character Mango. He also starred alongside Will Ferrell in the 1998 film A Night at the Roxbury. A call to Kattan's agent wasn't immediately returned.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

'Judge away,' says Stewart as she tries to find herself

Kristen Stewart reveals to Marie Claire magazine that instead of throwing herself into film work following her breakup with Robert Pattinson, she spent most of 2013 taking road trips with friends, working on her poetry and discovering things about herself — like the fact that she doesn't necessarily have a romantic type. "You don't know who you will fall in love with. You just don't. You don't control it," she says.

Another thing she's learned? It's OK to not be good at being a celebrity.



"I'm just not very good on TV, and it's not my main goal in life to get good at it," she admits. "People are like, 'She just can't handle' — for lack of a better word — 'the spotlight.'"

No, actually, I can't, and that is totally who I am." And Stewart has definitely learned how to handle her critics: "I stand by every mistake I've ever made, so judge away," she says.

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Zulma Wasco
2011 Winner

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Cathy Jones and Rhys Bevan-John
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Confidently leave the (home-workout) nest

Transition. Joining a gym for the first time can be intimidating, but it doesn't have to be

IZABELA SZYDLO
life@metronews.ca

I had convinced myself that I hated the gym before I ever set foot in one. The truth is, I was intimidated.

Instead, I started working out at home using dumbbells for resistance, a skipping rope for cardio and gym rat friends for advice. A year and 20 lost pounds later, I was ready to make the transition to a gym. But, despite having more fitness knowledge, I still felt apprehensive.

Venessa Coda, a Toronto-based personal trainer and licensed Zumba instructor with several martial arts under her belt, answered some of my concerns and put my gym fears to rest.

Should I be trying to burn fat and tone at the same time?

Fat burning and toning are two different things, but should be done together to get ultimate results. While you can target certain muscles to tone, you cannot target where you want to burn fat. To burn fat, you need to eat clean, and do cardiovascular and weight training. I would recommend a body fat test. It is a much better indicator of health than body mass index, which is simply a ratio of weight divided by height squared and does not take into account what our bodies are actually made of —



Personal trainer Venessa Coda instructs Izabela Szydlo on how to do a wall sit. LIZBEDDALL.COM

specifically lean body mass like muscle, bone and water versus fat. Make sure you understand the instructions before taking one of these tests, as not doing so can result in an inaccurate reading.

What is the difference between machines and free weights?

The most important component in any strength training program is safety. If you are new to strength training or if you are working out alone, machines are your best bet. They provide a more controlled motion and isolate certain muscle groups. Free weights promote quicker strength gains and allow more variations in range of motion, but they require

Quoted

"You want to create a lifestyle change that will last as long as you can stay active. Be consistent, eat clean and keep setting goals for yourself."

Venessa Coda, personal trainer and licensed Zumba instructor

more balance and coordination. As a beginner, you should set up a fitness test and a gym walk-through with a professional who can show you how the machines work. Once you get more comfortable with the machines, slowly start to add a few free weight exercises.

Eventually, you want to incorporate both machines and free weights into your routine.

Some say that it is better to work out in the morning. Is there a specific time I should be hitting the gym?

Take into consideration what goes on in your day-to-day life and resolve to give yourself at least three hours a week in the gym. That equals three workouts a week. Then look at your days and see which days you tend to have a little more time. You have to be real with yourself and pick the time of day you know you will make it to the gym. Consistency is key if you want to see results. This is why it is super important to set a very realistic goal.

For your phone

Boston Marathon World Run (iPad, iPhone, Android; free)



MIND THE APP
Kris Abel
@RealKrisAbel
life@metronews.ca

You can join the Boston Marathon no matter where you are by sharing your personal runs and pledges while following stories from global ambassadors as they prepare for April's race.



Is hiring a personal trainer a must?

Hiring a personal trainer is not a must but is a good idea if your budget allows it — even if it's just a few sessions to get you started on a program that is designed specifically for your needs and goals. Benefits to having a live trainer are: motivation, efficiency, improvement of technique and skills, and help with creating a fun workout. But remember, you are in control of your bank account. Do not be pressured into getting a trainer if you can't afford it. There are online resources that can help you through your workouts. Make sure you are using a reputable website, and paying close attention to instruction and watching technique closely.

3 LIFE

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Make all your dates even sweeter with delicious dark chocolate



This recipe produces 12 Medjool Date Pecan Chocolate Truffles. COURTESY NATURALDELIGHTS.CA

Sweet Week. Metro is getting in the mood with a different V-Day treat every day — and this one happens to be healthy, too

THERESA ALBERT
myfriendinfood.com

I had the distinct pleasure of going to Bard Valley, Ariz., where Medjool dates are grown. I went 50 feet up a palm tree, picked one off the cluster and ate it. Pretty cool

FLASH FOOD



From your fridge to your table in 30 minutes or less

experience.

Medjool dates are dried right on the tree; no further treating or drying is required. They are wrapped in burlap to control pests rather than sprayed so they are effectively "organic" without the label.

1. Using a small paring knife, cut a slit into each Medjool date and remove the pit. Gently squeeze a date open

and stuff the pecan half inside. Repeat with remaining pecan halves and Medjool dates.

2. Using a double boiler, gently melt the chocolate and remove from heat once it's melted. Be sure to keep any moisture, water or even steam away from the chocolate.

3. Using a fork, dredge the stuffed dates through the dark chocolate and place onto a wire cooling-rack. Let cool completely.

4. Place the melted white chocolate into a small piping bag. Drizzle the white chocolate decoratively back

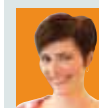
Ingredients

- 12 Natural Delights Medjool Dates, pitted
- 12 pecan halves
- 5 oz (150 g) dark chocolate (70%), chopped
- 2.5 oz (75 mL) white chocolate, chopped

and forth over the chocolate dipped date. Let cool completely before serving. **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM/ RECIPE FROM NATURALDELIGHTS.CA**

Health Solutions

Replace those crappy gooey chocolates



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Even your friendly neighbourhood nutritionist craves chocolate for Valentine's Day!

I can't and won't eat crappy sugar-filled creamy chocolates — only exquisite dark, antioxidant-filled cocoa will do.

But sometimes chewing on a chunk of chocolate isn't all that satisfying and some kind of filling is required.

Luckily, there is a simple, healthy solution for my high maintenance sweet style — surround something superb with dark chocolate!

Medjool dates are a shelf stable fresh fruit that is high in nutrients and super sweet, so you only need two to satisfy any craving.

These chewy little treats

are packed with potassium and fibre but are miraculously low on the glycemic index, given how sweet they taste.

The uptake of sugar within your body is slowed by fibre, nutrients and fat and that matters to everyone, not just those with diabetes.

Keeping the blood sugar even keeps a steady flow of glucose to the brain and an even call of insulin from the pancreas, thereby forestalling two syndromes that are rife in North America: metabolic syndrome in both the brain and the body.

Dipping Medjools in melted dark chocolate couldn't be easier. And the best way to win a healthy heart, yours or your lover's, is to care for it every day — including Valentine's.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM



Easy to make, easier to eat and oh so sinful



This Chocolate Pudding with Chantilly Cream recipe serves six. DAIRYGOODNESS.CA

1. Chocolate Pudding: In heat-proof bowl, whisk sugar, cocoa and cornstarch. Whisk in 1 cup (250 mL) of milk and egg yolks until a smooth paste; set aside.

2. In saucepan, combine remaining milk and cream; heat over medium heat until just steaming and bubbles form around edge, stirring occasionally.

3. In a thin steady stream, gradually whisk hot cream into chocolate paste. Gradually whisk back into saucepan and cook,

stirring gently for 8 minutes or until mix coats the back of a spoon. Remove from heat; stir in vanilla. Gradually stir in chocolate until melted and smooth. Pour into dessert bowls; place plastic wrap directly on surface. Cool and refrigerate until chilled, about 2 hours.

4. Chantilly Cream: In old mixing bowl, whip cream for 1 minute. Add sugar and whip until soft peaks form.

5. To serve, top pudding with

seasonal berries and scoop of cream. **DAIRYGOODNESS.CA**

Ingredients

Chocolate Pudding

- 1/2 cup (125 mL) granulated sugar
- 6 tbsp (90 mL) unsweetened cocoa powder
- 2 1/2 tbsp (37 mL) cornstarch
- 1 1/2 cups (375 mL) 2% milk, divided
- 3 egg yolks
- 1 1/2 cups (375 mL) 35% whip-

ping cream

- 1 tsp (5 mL) vanilla
- 5 oz (150 g) dark chocolate (65 to 70% cacao), chopped
- Seasonal berries
- Chantilly Cream**
- 1/2 cup (125 mL) 35% whipping cream
- 1 tbsp (15 mL) brown sugar

Alpine skiing

Gagnon hopes to fight through pain

Canada's Marie-Michele Gagnon is hoping to continue competing at the Sochi Olympics, despite dislocating her shoulder in a fall during the slalom run of the women's super combined race Monday.

The skier from Lac-Etchemin, Que., hit a gate and lost control of her skis before crashing into the snow.

"We will have to see how it goes but I'm hoping to keep racing here in Sochi," Gagnon said in a release. **THE CANADIAN PRESS**

Speedskating

Dutch continue orange crush

An orange wave rolled around Adler Arena once again as the Dutch continued their domination in Olympic long-track speedskating.

After opening the competition with a sweep of the men's 5,000 metres Saturday, the Netherlands did it again Monday by finishing 1-2-3 in the men's 500. In between Irene Wüst won another gold Sunday in the women's 3,000.

On Monday it was Double Dutch and then some as 27-year-old twins Michel and Ronald Mulder won gold and bronze and countryman Jan Smeekens took silver.

THE CANADIAN PRESS



Dutch gold medalist Michel Mulder **GETTY IMAGES**

Luge

Canadians fall behind Germans

Germany's Natalie Geisenberger closed in on what appears to be an inevitable Olympic gold medal Monday, finishing the first two runs of the women's luge competition in one minute 39.814 seconds. That's 0.766 seconds better than her countrywoman Tatjana Huefner, who took the title at the Vancouver Games. Canadian lugers were also in the mix, with Alex Gough in fifth and fellow Calgarian Kimberley McRae in sixth. **THE ASSOCIATED PRESS**



Canada's Alex Bilodeau, gold medalist, and silver medalist Mikael Kingsbury celebrate their men's moguls wins with bronze medalist Alexandr Smyshlyayev of Russia at the Sochi Olympics, Monday. **JONATHAN HAYWARD/THE CANADIAN PRESS**

Canucks repeat one-two punch



Freestyle skiing.

Bilodeau defends gold, Kingsbury earns silver to match Montreal sisters' moguls feat

Alex Bilodeau is back atop the Olympic podium and he says he has his teammates to thank for it.

The freestyle skier from Rosemere, Que., defended his gold medal in men's moguls at the Sochi Olympics on Monday, edging his teammates Mikael Kingsbury of Deux-Montagnes, Que., who took silver, and Marc-Antoine Gagnon of Terrebonne, Que., who finished fourth.

Bilodeau, Canada's first gold medalist four years ago in Vancouver, had a flawless final run to earn a score of 26.31.

"It's a great feeling, but I need to first of all thank all

On the cusp

Marc-Antoine Gagnon didn't have any hard feelings after being nudged off the moguls podium by a teammate.

- Gagnon, from Terrebonne, Que., finished fourth at the Sochi Games on Monday with a score of 23.35.

his colleagues," Bilodeau said. "I was the third to go; there were two other Canadians after me. Every day they push me in training and that's why I got my best skiing tonight. That's why I'm the best skier I have ever been right now and the guy that finished second, he is going to win everything after I have gone."

Bilodeau, who is the first moguls skier to defend an Olympic title, received a long celebratory hug from his brother Frederic right after

- He was in third before Mikael Kingsbury of Deux-Montagnes, Que., made a silver-medal-winning run.

- "I'm pretty happy I finished fourth, this is my first Games," said the 22-year-old.

his victory. Bilodeau says Frederic, who has cerebral palsy, is his hero and he dedicated his gold medal in Vancouver to him.

"It was amazing. My brother is my everyday inspiration," he said. "Like I say all the time, if he had the life that I have lived he would be a three-time Olympic champion."

Kingsbury, who has been Bilodeau's main rival on the World Cup circuit this season, had a small stumble in his

Planting a legacy

"The future of freestyle skiing in Canada is not done, there are so many good kids coming up and I am so glad to share a podium with one of them."

Alex Bilodeau, on teammate Mikael Kingsbury.

final run to finish with 24.71.

Russia's Alexandr Smyshlyayev was third with 24.34.

It's the second 1-2 finish for the Canadian moguls team at these Games after Montreal sisters Justine and Chloe Dufour-Lapointe won gold and silver in the women's competition on Saturday night. Bilodeau is happy with where the program is going.

"I'm glad to finish my last Olympics like this," he said. "It's going to be a great retirement."

THE CANADIAN PRESS

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Hamelin on track for more gold



Canada's Charles Hamelin kisses his girlfriend and teammate Marianne St-Gelais after winning gold in the men's 1500 metre short-track speedskating final at the Sochi Winter Olympics on Monday. PAUL CHIASSON/THE CANADIAN PRESS

Speedskating. The 'Locomotive' chugs to fourth career Olympic medal but expected to return to the podium

Charles Hamelin is a man on a mission.

In what could be the first of several trips to the podium, the star short-track speedskater won a gold medal in the men's 1,500 metres at the Sochi Olympics on Monday.

The native of Ste-Julie, Que., is a medal favourite in his three other events.

"I'm going through the full range of emotions," Hamelin, 29, said after finishing in two minutes 14.985 seconds to edge out Han Tianyu of China. "Of course I want to get back on the podium. But short-track speedskating is not an easy sport."

Hamelin won gold in the 500 metres and the 5,000-metre relay at the 2010 Games in Vancouver, but was seventh in the 1,500.

Going around in ovals

While François Hamelin, Charles' brother, and Michael Gilday of Yellowknife didn't advance to the final Canada's women speedskaters had a better day

- **Qualifying** In the women's 500 preliminaries, Marianne St-Gelais, Jessica Hewitt and Valerie Maltais advanced from heats. The same three, along with Marie-Eve Drolet, advanced in the 3,000-metre relay.

Hamelin, nicknamed "The Locomotive of Sainte-Julie," was virtually unbeatable on the World Cup circuit this season, winning six events.

Viktor Ahn earned the bronze Monday, giving Russia its first-ever short-track medal. J.R. Celski, the 2010 bronze medalist from Federal Way, Wash., finished fourth.

"He (Hamelin) deserves it," Celski said. "He went out there and raced his (rear) off."

As Hamelin entered the final lap in the lead, his girlfriend and teammate Marianne St-Gelais couldn't control her excitement, racing from her seat to the sidelines to give him a congratulatory hug.

With the silver medal he won in the relay event in Turin in 2006, Hamelin now has four Olympic medals. That leaves him one short of former teammates Marc Gagnon and François-Louis Tremblay.

He is also tied with Gagnon for the most gold medals for a Canadian short-track speedskater. If he wins medals in his three remaining events he will become Canada's most decorated Olympian behind long-track speedskater Cindy Klassen and speedskater/cyclist Clara Hughes, who both have six.

He will have chances to win individual gold in the 500 and 1,000 metres and he'll be part of Canada's team in the 5,000 relay. **THE CANADIAN PRESS**

Curling

Jacobs' rink upset by Switzerland

Canada made a stuttering start to the defence of its men's Olympic curling title on Monday, following up a scrappy win over unheralded Germany with a surprise loss to Switzerland on a sobering day for the big gold-medal favourites.

By the end of opening day, Sweden was the only team 2-for-2, with wins in tough matches against the Swiss and Britain.

After becoming the first team in Canada's storied curling history to go through Olympic trials unbeaten, Brad Jacobs' rink was widely seen as the overwhelming favourites for the games.

But Canada was sloppy in beating Germany — arguably the weakest lineup in the 10-team competition — 11-8 in the morning and then was upset 5-4 by Switzerland in the evening.

It doesn't get any easier for the Jacobs and his rink from Sault Ste. Marie, Ont., — their only match on Tuesday is against Sweden in a repeat of the 2013 world championship final. The Swedes won that in Victoria in April.

THE CANADIAN PRESS

Curling. Jones, Canada overcome Russia's roar

They stomped their feet and clapped their hands, and hollered all game long.

But Jennifer Jones and her steely-nerved Canadian teammates played like they couldn't hear them at all.

Amid the din of a deafening Russian crowd that never let up, the Winnipeg skip led Team Canada to a 9-2 victory over China in their opening game of the Sochi Olympics on Monday.

It was both a strong start against a tough opponent for the Canadians, and a great dress-rehearsal for when they eventually play Russia later in the Games.

"You can't really hear very well, but we'll come up with some solutions to that," said Jones, who has hand signals worked out — a hand up means stop sweeping — for when the din of the crowd threatens to drown out her directions.

The curlers struggled to be heard, but it helped that the Canadians were prepared for the crazy atmosphere.

"I don't know that they're a curling-knowledgeable crowd, and I think we saw that in Vancouver (at the Olympics) as well, so it's not really a big surprise," said Canada's second Jill Officer.

Jones and her team built a



Canada's skip Jennifer Jones yells after throwing her rock in Monday's third end against China.

NATHAN DENNETTE/THE CANADIAN PRESS

3-0 advantage and then opened the gap by drawing for three in the fifth end to give Canada a 6-1 lead. Canada drew for three more before Bingyu Wang conceded in the seventh end.

"We're pretty proud of that start," Jones said. "It's our first Olympics and we came out and played really well from the first end on against a great team."

The Canadians, who next face Sweden on Tuesday afternoon, had been expecting a tough test against the Canadian-coached Chinese team, the 2009 world champion and 2010 Olympic bronze medalist.

THE CANADIAN PRESS

MEDALS

Nation	G	S	B	Tot.
Canada	3	3	1	7
Netherlands	3	2	2	7
Norway	2	1	4	7
Russian Federation	1	2	3	6
United States of America	2	0	3	5

WHAT CANADA DID

MONDAY

ALPINE SKIING

Women's Super Combined Downhill - Marie-Michèle Gagnon, Lac-Etchemin, Que., 21st (one minute, 45.39 seconds)

Women's Super Combined Slalom - Marie-Michèle Gagnon, Lac-Etchemin, Que., DNF.

BIATHLON

Men's 12.5 km Pursuit - Nathan Smith, Calgary, 11th (34 minutes, 37.7 seconds, +49.1 seconds); Jean-Philippe Le Guellec, Shannon, Que., 26th (35:45.3); Brendan Green, Hay River, N.W.T., 35th (36:21.2)

CURLING

Men's Round Robin Session 1 - Canada 11 Germany 8

Men's Round Robin Session 2 - Switzerland 5 Canada 4

Women's Round Robin Session 1 - Canada 9 China 2

FREESTYLESKIING

Men's Moguls Qualification 1 - x-Alex Bilodeau, Montreal, 1st (24.70 points); x-Mikael Kingsbury, Deux-Montagnes, Que., 2nd (23.81); x-Marc-Antoine Gagnon, Terrebonne, Que., 5th (22.90); x-Philippe Marquis, Quebec City, 6th (22.43). x-qualified for Final 1

Men's Moguls Final 1 - x-Philippe Marquis, Quebec City, 2nd (24.32); x-Mikael Kingsbury, Deux-Montagnes, Que., 3rd (24.31); x-Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.45); x-Alex Bilodeau, Montreal, 8th (22.49).

x-qualified for Final 2

Men's Moguls Final 2 - x-Mikael Kingsbury, Deux-Montagnes, Que., 1st (24.54); x-Marc-Antoine Gagnon, Terrebonne, Que., 2nd (24.16); x-Alex Bilodeau, Montreal, 3rd (23.89); Philippe Marquis, Quebec City, 9th (22.25).

x-qualified for Final 3

Men's Moguls Final 3 - Alex Bilodeau, Montreal, 1st, Gold Medal (26.31); Mikael Kingsbury, Deux-Montagnes, Que., 2nd, Silver Medal (24.71); Marc-Antoine Gagnon, Terrebonne, Que., 4th (23.35).

ICE HOCKEY

Women's Preliminary Round (Group A) - Canada 3 Finland 0

LUGE

Women's Singles Run 1 of 4 - Alex Gough, Calgary, 5th (50.464 seconds); Kimberley McRae, Calgary, 6th (50.465); Arianne Jones, Calgary, 13th (50.993)

Women's Singles Run 2 of 4 - Alex Gough, Calgary, 5th (50.402 seconds); Kimberley McRae, Calgary, 6th (50.454); Arianne Jones, Calgary, 15th (50.837)

Overall Ranking - Alex Gough, Calgary, 5th (one minute 40.866 seconds, +1.052 seconds); Kimberley McRae, Calgary, 6th (1:40.919); Arianne Jones, Calgary, 13th (1:41.830)

Runs 3 and 4 on Feb. 11

SHORT TRACK

Men's 1500 m Heats - Race 4 - x-Charles Hamelin, Sainte-Julie, Que., 1st (two minutes 16.903 seconds); **Race 5** - x-Francois Hamelin, Sainte-Julie, Que., 2nd (2:13.935); **Race 6** - x-Michael Gilday, Yellowknife, N.W.T., 1st (2:16.468)

x-qualified for semifinals

Men's 1500 m Semifinals - Race 15 - x-Francois Hamelin, Sainte-Julie, Que., 4th (two minutes 16.473 seconds); **Race 16** - Michael Gilday, Yellowknife, N.W.T., Penalty; **Race 17** - y-Charles Hamelin, Sainte-Julie, Que., 1st (2:14.480)

y-qualified for Final A; x-qualified for Final B

Men's 1500 m Finals - Final A - Charles Hamelin, Sainte-Julie, Que., 1st (2:14.985); **Final B** - Francois Hamelin, Sainte-Julie, Que., 2nd (2:21.592)

Men's 1500m Final Ranking - Charles Hamelin, Sainte-Julie, Que., 1st, Gold Medal; Francois Hamelin, Sainte-Julie, Que., 9th; Michael Gilday, Yellowknife, N.W.T., 17th.

Ladies' 500 m Heats - Race 11 - x-Marianne St-Gelais, St-Felicien, Que., 1st (43.729 seconds); **Race 13** - x-Jessica Hewitt, Kamloops, B.C., 2nd (43.447); **Race 14** - x-Valerie Maltais, La Baie, Que., 1st (44.093).

x-qualified for the quarter-finals on Feb. 13

Ladies' 3000 m Relay Semifinals - x-Canada (Marie-Eve Drolet, Chicoutimi, Que.; Jessica Hewitt, Kamloops, B.C.; Valerie Maltais, La Baie, Que.; Marianne St-Gelais, St-Felicien, Que.), 2nd, (four minutes 8.871 seconds).

x-qualified for Final A on Feb. 18

SPEED SKATING

Men's 500 m Race 1 of 2 - Gilmore Junio, Calgary, 11th (35.15 seconds); Jamie Gregg, Edmonton, (35.17); William Dutton, Humboldt, Sask., T-18th (35.278); Muncif Ouadi, Quebec City, 23rd (35.395)

Men's 500 m Race 2 of 2 - Gilmore Junio, Calgary, 7th (35.09 seconds); Jamie Gregg, Edmonton, 8th (35.10); William Dutton, Humboldt, Sask., 11th

(35.17); Muncif Ouadi, Quebec City, 29th, (35.60).

Men's 500 m Final Ranking: Gilmore Junio, Calgary, 10th (70.25 seconds, +0.94 of a second); Jamie Gregg, Edmonton, 11th (70.27); William Dutton, Humboldt, Sask., 14th (70.448); Muncif Ouadi, Quebec City, 25th (70.997).

CURLING

MEN

Monday's results

Britain 7 Russia 4

Sweden 7 Switzerland 5

China 7 Denmark 4

Canada 11 Germany 8

Norway 7 United States 4

Denmark 11 Russia 10

Switzerland 5 **Canada 4**

Sweden 8 Britain 4

Tuesday's games

Canada vs. Sweden, 5 a.m.

United States vs. China, 5 a.m.

Britain vs. Germany, 5 a.m.

Norway vs. Russia, 5 a.m.

WOMEN

Monday's results

Canada 9 China 2

Switzerland 7, United States 4

Sweden 6, Britain 4

Russia 7, Denmark 4

Tuesday, Feb. 11

Switzerland vs. Denmark, 12 a.m.

Sweden vs. **Canada**, 12 a.m.

Russia vs. United States, 12 a.m.

South Korea vs. Japan, 12 a.m.

Britain vs. United States, 10 a.m.

South Korea vs. Switzerland, 10 a.m.

Denmark vs. Japan, 10 a.m.

China vs. Russia, 10 a.m.

HOCKEY

PRELIMINARY ROUND

MEN

Wednesday's games

Czech Republic at Sweden, 12 p.m.

Latvia at Switzerland, 12 p.m.

WOMEN

Monday's results

United States 9 Switzerland 0

Canada 3 Finland 0

Tuesday's games

Germany at Sweden, 5 a.m.

Russia at Japan, 10 a.m.

Women's hockey. Patience guides Canada past Finland's star goalie

The story of Canada's first win in the Olympic women's hockey tournament was the shot-out-of-a-cannon enthusiasm of its rookies. The patience and perseverance of the veterans was the tale of the second.

They'd seen Noora Raty's act before. Finland's goaltender mows down a ton of rubber and can single-handedly keep her country in games against Canada and the United States.

Monday's game was scoreless deep into the third period and there was the whiff of an upset in the air.

But three-time Olympian Megan Agosta-Marciano broke the tension with a power-play goal at 9:27. Jayna Hefford, playing in her fifth Winter Games, quickly added another and Rebecca Johnston sealed the 3-0 win within a seven-minute span.

"I don't think anyone was nervous," Agosta-Marciano said. "We knew what we were doing."

"As the periods go on, she gets more confidence. We knew we needed to be patient and we needed to keep coming. Once we got that one, we got three."

Shannon Szabados earned a 14-save shutout, while Raty

1-on-6

The U.S. women's hockey team trounced Switzerland on Monday by the score 9-0.

- Amanda Kessel put an exclamation point on the win with a highlight-reel goal in which she received the puck from a centre-ice faceoff, skated over the blue-line, passed the puck to herself off the boards, circled back in front of the net and stick-handled around the Swiss goalie for the score.

stopped 39 of 42 shots in front of an announced 4,837 at Shayba Arena.

Canada and the United States, both 2-0, secured berths to the semifinals Monday. Under a new tournament format, the countries ranked in the top four in the world are in one pool and fifth through eight in the other.

Canada and the U.S. finish the round-robin against each other Wednesday in what could be a preview of the gold-medal game.

THE CANADIAN PRESS



Natalie Spooner of Canada shoots the puck wide of the net against Finland goalie Noora Raty on Monday in Sochi, Russia. MATT SLOCUM/THE ASSOCIATED PRESS

Snowboarding

Olympic halfpipe course criticized

Rider after rider took a crash course Monday night on an Olympic halfpipe that looked only half ready with less than 24 hours until the start of the men's competition.

There were dozens of falls, very few big tricks and a lot of complaining during a practice session that was pushed from morning to night while workers tried to make fixes. The men's event is Tuesday, and American

Shaun White will be seeking his third straight gold medal.

"When you see every other person fall, you know something's wrong," said American Hannah Teter, who took gold in 2006 and silver four years ago. "It's a little dangerous. I've seen more people fall today than I saw all season. It's dangerous because it's crappy."

American Danny Davis labelled the halfpipe as "garbage" on Sunday. After returning Monday, he said things were slightly improved but not ideal.

THE ASSOCIATED PRESS



Team Canada captain Sidney Crosby and head coach Mike Babcock watch a drill during the team's first hockey practice at the Winter Olympics in Sochi, Russia, on Monday. Jeff Carter was skating on the same line as Crosby and Chris Kunitz. NATHAN DENETTE/THE CANADIAN PRESS

Carter rides shotgun with Crosby, Kunitz

Men's hockey. Team Canada auditions for right-winger on its top line during first practice in Sochi

Quoted

"He's going to find you and when you get the chance you've got to get it to the net."

Jeff Carter on Team Canada teammate Sidney Crosby.

Mike Babcock brought his book from the Vancouver Olympics to Sochi and with it the memories of how that tournament unfolded.

"Some guys started on the first line on right wing and ended up not being in the mix and other guys started not being in the mix and ended up being very important," Babcock said.

cock said.

Memo to Jeff Carter: Things can change quickly. Carter spent Team Canada's first practice as the first-line right-winger alongside Sidney Crosby and Chris Kunitz, but a handful of rushes already gave Babcock reason to pause and perhaps change his mind before opening the Olympics on Thursday against Norway.

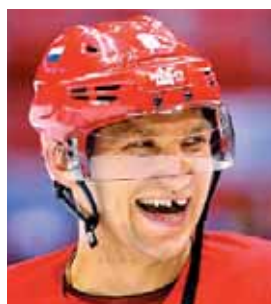
Babcock has Carter there

because he's a shooter and wants him to shoot.

"After watching him pass it back today, I didn't know for sure," Canada's coach said. "You can't pass to the net, you've got to shoot to the net. Carter shoots the puck when he gets it in L.A., we expect him to shoot the puck when he gets it here. If he's giving it back to Sid, he can't play with him."

The coveted spot as Crosby's right-hand man has been the subject of much speculation over the past several months, dating to Olympic orientation camp in Calgary in August. Steven Stamkos getting injured and then being ruled out eliminated what looked like the most logical option, but Carter seemed to fit because he's a quick right-handed shot and a pure goal-scorer.

"I think the things that stick out are his speed and his shot," Crosby said. "I don't think you have to tell him anything besides just, 'Shoot it.' He's going to get open and he's going to be able to create things with his speed." THE CANADIAN PRESS



Russian forward Alex Ovechkin. JULIE JACOBSON/THE ASSOCIATED PRESS

Ovi in good company on home ice

A few hours after Alex Ovechkin awoke on the NHL's chartered luxury jet Monday, he was among the first Russians on the Olympic ice for practice.

Ovechkin has been waiting several years for the chance to play for gold at his home Olympics, and Russia's most fearsome goal-scorer couldn't wait another minute to get started.

"Of course it's a huge honour for me to represent my country," Ovechkin said while at the Bolshoy Ice Dome. "I'm pretty sure every athlete wants to represent his country at the Olympic games."

But almost no Winter Olympics athletes are as well-known as Ovechkin, whose tooth-deficient grin is plastered on advertisements throughout So-

chi. The Washington Capitals superstar publicly stumped for Sochi's Olympic bid in 2007, and he was the first Russian to carry the Olympic torch after it was lit in Greece last September.

He had long declared he would play in Sochi even if the NHL didn't interrupt its schedule for the games.

THE ASSOCIATED PRESS

Michael Sam

Gay football player praised for coming out

Missouri coach Gary Pinkel said Monday that Michael Sam revealed he was gay at one of the football team's get-acquainted dinners last summer.

The next day, Sam told the entire team.

Realizing the enormity of the situation, Pinkel left the next move up to the senior, who blossomed into one of the best defensive ends in the country — and one surrounded by teammates who didn't worry one bit about sexual orientation or reveal his secret until he came out on Sunday.

Pinkel, athletic director Mike Alden and other school officials applauded Sam's courage Monday at Faurot Field. As a backdrop, the first two letters of Sam's last name were etched in snow to join the giant "M" just beyond the north end zone.

"Pretty cool," Pinkel said.

Coaches and Sam agreed that making an announcement during the season



Michael Sam hopes his ability is all that matters, not his sexual orientation. THE ASSOCIATED PRESS FILE

might be a distraction. It was Sam's call to skip all of the weekly media days and postgame news conferences, too, the better to avoid the risk of the topic coming up. Sam broke his silence prior to the Cotton Bowl and the conversation stayed on football, just like he wanted.

Sam was prompted to make his decision to come out after the Senior Bowl, where it became apparent the player's sexual orientation was widely known. This meant a declaration just a matter of days before the NFL combine. THE ASSOCIATED PRESS

Raps reserve Patterson shows he belongs in T.O.

NBA. Forward chips in 22 points with Amir Johnson out as Toronto fights off New Orleans

Patrick Patterson had his biggest night in a Toronto jersey to lead the Raptors to victory on Monday.

The backup forward, obtained from Sacramento on Dec. 9 in a trade that saw Rudy Gay shipped west, had 22 points as the Raptors defeated the New Orleans Pelicans 108-101 at Air Canada Centre.

Patterson, who got the start due to Amir Johnson's ankle injury, made the most of it, topping his season-high of 21 points with the Kings back on Nov. 23 against the Los Angeles Clippers.

DeMar DeRozan added 22 points and Kyle Lowry had another complete performance, scoring 19 points while doling

out 12 assists and grabbing seven rebounds before a crowd of 17,596.

The Raptors, returning home from a five-game road trip out West, widened their lead over the Brooklyn Nets atop the NBA's Atlantic Division to three games.

New Orleans (22-29) trailed by as many as 18 points late in the third quarter, but refused to go away. The Pelicans went on a 16-5 run over the opening 5:10 of the fourth quarter to cut the Toronto lead to 87-86.

But the Raptors went on an 11-3 run over the next 2:30 to pull away and snap a two-game losing streak.

Toronto (27-24), 8-2 at home since Jan. 1, plays seven of its next nine at Air Canada Centre.

The Raptors broke open the game in the third quarter, turning a halftime tie into a 12-point lead. Patterson led the way in the third with 10 points.

THE CANADIAN PRESS



The Raptors' Jonas Valanciunas dunks the ball as the Pelicans' Anthony Davis trails him during the first quarter in Toronto on Monday.

FRANK GUNN/THE CANADIAN PRESS

Boston Marathon

More runners expected in 2014

Hotels in the Boston area are almost at capacity more than two months before the first Boston Marathon since the explosions at the finish line last year, tourism officials say.

About 36,000 runners are expected to compete in the April 21 race, 9,000 more than last year. That includes about 4,500 who were stopped by officials before completing the race after the bombs went off, killing three people and injuring more than 260.

THE ASSOCIATED PRESS

Worker death

Work continues on World Cup stadium

Work remains underway at the World Cup stadium in the jungle city of Manaus despite a Brazilian union's threat to strike to protest a worker's death.

Local World Cup organizers and the company in charge of the stadium's construction said the Arena da Amazonia is nearly 97 per cent completed.

THE ASSOCIATED PRESS

NASCAR. Legendary driver credits Patrick's rise to 'female deal'

NASCAR Hall of Fame driver Richard Petty says Danica Patrick can only win a Sprint Cup Series race "if everybody else stayed home."

The seven-time champion made the comment during a Sunday appearance at the Canadian Motorsports Expo in Toronto, according to the website wheels.ca.

Petty also said Patrick only gets attention because she's a woman, but added that publicity is good for NASCAR.

"If she'd have been a male, nobody would ever know if she'd showed up at a race-track," Petty said, according to the website. "This is a female deal that's driving her. There's nothing wrong with that, because that's good PR for me. More fans come out, people are more interested in it. She has helped to draw attention to the sport, which helps everybody in the sport."

Petty still maintains partial control of Richard Petty Motorsports, which fields cars for Marcos Ambrose and Aric Almirola in the Sprint Cup Series.

Patrick is headed to Daytona International Speedway this week to begin her second full



Former NASCAR driver Richard Petty said Danica Patrick can only win a race "if everybody else stayed home."

TERRY RENNA/THE ASSOCIATED PRESS FILE

Quoted

"If she'd have been a male, nobody would ever know if she'd showed up at a racetrack."

Richard Petty, on female NASCAR driver Danica Patrick.

season at NASCAR's top level. She became the first woman a year ago to win the top starting spot for the Daytona 500 and she finished eighth.

THE ASSOCIATED PRESS

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Horoscopes

Aries

March 21 - April 20

No matter how strong your beliefs and opinions may be what happens today and tomorrow will make you question them. That's good.

Taurus

April 21 - May 21

Whatever your ambitions may be right now they will change dramatically over the next few weeks. Whatever happens you must believe that you are more than just a cog in the machine.

Gemini

May 22 - June 21

There is something you have wanted to do for a while but for some reason never got round to starting. What happens over the next few days will encourage you to get back to it.

Cancer

June 22 - July 23

The answer to your money worries will appear soon, so stay calm and act drastically. Sacrifices will have to be made but they won't cause you too much pain, so long as you use your head.

Leo

July 24 - Aug. 23

The planets are encouraging you to go with the flow and let others call the shots for a while. Being a Leo and a natural born leader that may not be easy but sometimes it's good to take a back seat for a change.

Virgo

Aug. 24 - Sept. 23

It would be a mistake to take on any new tasks today – in fact Saturn warns it could be disastrous. Far from adding to your workload you should be cutting back on your chores.

Libra

Sept. 24 - Oct. 23

Done argue with people who will always see things differently to you. It takes all sorts to make a world and though that doesn't mean you have to like them it does mean you have to put up with them.

Scorpio

Oct. 24 - Nov. 22

Not everyone is as dynamic as you and you would be wise to bear that thought in mind today, especially when dealing with people who seem indecisive.

Sagittarius

Nov. 23 - Dec. 21

This is an encouraging time for you as your ability to enjoy the simple things in life returns. One sad person may try to bring you down but you don't have to listen.

Capricorn

Dec. 22 - Jan. 20

You may be tempted to do a task the hard way today, simply because you want to impress people in positions of power, but it isn't necessary. What matters is that you can get the job done, not how.

Aquarius

Jan. 21 - Feb. 19

Your head and heart are working well together right now but unfortunately some people you have to deal with are so mixed up their presence in your life is becoming a liability. So get rid of them.

Pisces

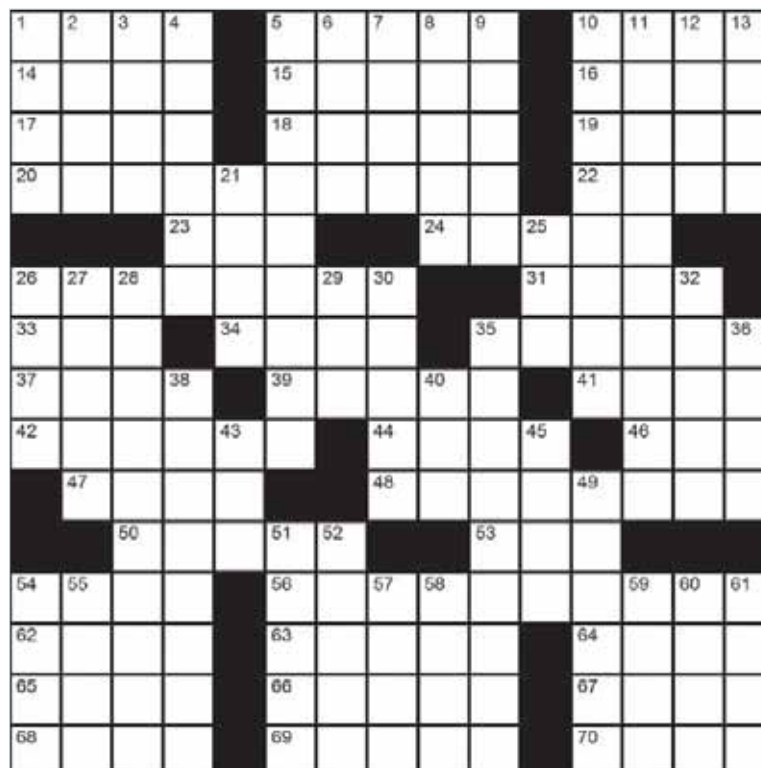
Feb. 20 - March 20

You may be tempted to act first and justify your actions later but if you do it will cost you. Today's Sun-Saturn link warns that the consequences of misguided action could be severe. **SALLY BROMPTON**

Crossword: Canada Across and Down

Across

1. "Get Off" band from Toronto
5. Lightweight wood
10. ___ missile
14. Time Machine people
15. Hautbois [pl.]
16. Drive-___
17. 1982 Robin Williams role
18. Grumpy
19. Ascend
20. SOCHI 2014 - Free-style Skiing event
22. Wood sorrels
23. Ms. Longoria
24. Shorthand, shortly
26. ___ House (Prince Charles' official residence)
31. Chilly feeling
33. Caesar's 52
34. Kinks song
35. King Minos, for example
37. Pearson postings, puny-ly
39. Left-hand page
41. Ms. Hayworth
42. Green-on-copper
44. Spicy cuisine
46. Close-mouthed
47. "___ it!"
48. SOCHI 2014 - Snowboard event
50. Lovely parties
53. "Faster!"
54. Celebrity
56. SOCHI 2014 - Winter Olympics sport: 2 wds.



62. Polynesian amulet
63. Ravi Shankar's instrument
64. 1976 mini-series, "Rich Man, ___ Man"
65. Actor, Chris D'___

66. NWT's flower emblem, Mountain ___
67. Pretty purse
68. Demeanor
69. Bakery stuff
70. Blaring blah-blah

Down

1. Ms. Ryan's
2. Airline of Israel: 2 wds.
3. Actor, Benicio Del ___
4. Jacket closer

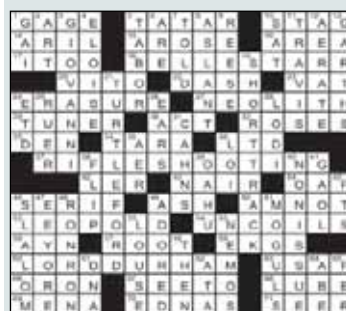
5. "Soul ___": Quincy Jones composed instrumental which Canadian game show "Definition" used as its theme music
6. Border on

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

7. Particular parrot
8. Markets
9. Not ___ (Not so far)
10. SOCHI 2014 - Faster - Higher - ___
11. City in Quebec
12. Sky bear
13. Things to pay
21. Mr. Knievel
25. An ___ for music
26. SOCHI 2014 - Speed skater's footwear, ___ skates
27. Pre-euro moneys
28. SOCHI 2014 - Snowboarding trick, ___-___
29. Caves, on a score-board
30. Soil
32. Consume: 2 wds.
35. Southern Alberta town
36. Appointment
38. Trans-___ Orchestra
40. ___ Na Na
43. Web
45. "Let me know ___ in your way."
49. Salt's friend
51. Composition
52. Shave
54. Flower part
55. Bryan Adams' "18 ___ Die"
57. Virginia willow
58. Pre-Febs
59. Whit
60. Person, place or thing
61. Gumption

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku



Today

-8°/-16°

Variable

Wednesday

-9°/-15°

Mainly sunny

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Sorento SX shown¹

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SORENTO

hwy / city 100km¹
7.1L/10.4L

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~~\$157~~

\$122²

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first 15 MONTHS.

6-SPEED AUTOMATIC

0%³
financing

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AVAILABLE
ALL-WHEEL DRIVE



Sportage SX Luxury shown¹

THE NEW 2014
SPORTAGE

hwy / city 100km¹
7.0L/10.0L

THROWBACK PRICING

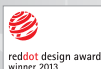
WAS
~~\$144~~

\$97²

BI-WEEKLY for the
first 15 MONTHS.

1.49%³
financing

Includes Variable Throwback Pricing Incentive. \$97 bi-weekly payments include \$1,504 Throwback Pricing Incentive. Payments are based on 2014 Sportage LX MT FWD (SP551E), financing for 84 months. After 15 months, bi-weekly payments increase to \$144. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.⁴



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AVAILABLE



Rondo EX Luxury shown¹

THE ALL-NEW 2014
RONDO

hwy / city 100km¹
6.2L/9.4L

THROWBACK PRICING

WAS
~~\$126~~

\$86²

BI-WEEKLY for the
first 15 MONTHS.

0%³
financing

Includes Variable Throwback Pricing Incentive. \$86 bi-weekly payments include \$1,280 Throwback Pricing Incentive. Payments are based on 2014 Rondo LX MT (RN551E), financing for 84 months. Offer includes \$750 loan credit¹. After 15 months, bi-weekly payments increase to \$126. Throwback Pricing Incentive may be taken as a lump sum or to reduce financed amount.⁴

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